



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. December is Navy and Marine Corps Public Health Center's Impaired Driving Prevention Month. Between Christmas and New Year's, around 40% of traffic deaths involve drunk drivers. Protect yourself and family this holiday season by making safe choices before getting behind the wheel. Find tips at go.usa.gov/xPPS5.
2. Everyone loves sharing memories and merriment during the holiday season, but sharing prescription medications isn't a good idea. Safely dispose of unused or expired medications, secure any prescription medications in a safe place and avoid sharing meds during this holiday season. Learn more about how families can protect their Sailors at youtu.be/ce4Uhh3veao.
3. Late nights catching up with friends and family during the holidays can put sleep lower on your priority list. Prescription stimulants may seem like a quick fix for energy, but unless they are prescribed to you, they can be unsafe. Instead, take quick naps during down time, eat for energy and resilience and incorporate exercise into your holiday season routine to stay energized.
4. Is quitting smoking one of your New Year's resolutions? There are plenty of resources to help make quitting easier. Get helpful tips, find support and get advice from You Can Quit 2 at ycq2.org.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.

Driving Safely This Holiday Season

During the winter holidays, DUI arrests are at their highest, with the US National Institute on Alcohol Abuse and Alcoholism reporting that 40 percent of traffic deaths between Christmas and New Year's involve drunk drivers. Impaired driving is not only dangerous, but it also carries serious career implications, both within the military and afterward.



Driving Under the Influence of Substances

Driving with a blood alcohol concentration (BAC) of .08 grams of alcohol per deciliter (g/dL) of blood is illegal throughout the US, but driving ability can be affected by smaller amounts of alcohol. In 2017, 1,837 people were killed in alcohol-related crashes where drivers had a BAC of .01 to .07. A BAC higher than .08 can result in harsher penalties, including fines of up to \$20,000 for a first DUI conviction.

Laws regarding driving under the influence of drugs (DUID) are evolving, but most states prohibit driving with either a detectable amount of tetrahydrocannabinol (THC, the psychoactive compound in marijuana) or while under its influence. Twelve states have a zero tolerance law, which prohibits driving with any amount of THC or its metabolites in the body. Laws may vary by state for other controlled substances.

According to 2017 National Survey on Drug Use and Health data, 12.8 million people aged 16 and older drove after using illicit drugs. In 2016, 43.6 percent of drivers killed in crashes tested positive for drugs.

Career Implications

Civilian employers are reluctant to hire someone with a DUI conviction, and many certification boards—from financial planners to lawyers, doctors and even truck drivers—require disclosure of a DUI. Finally, personal relationships, including with spouses and children, can be damaged irreparably from an avoidable mistake that jeopardizes their livelihood.

Staying Safe on the Road

With so much at stake, commit to making smart decisions. Plan your safe ride home before going out by choosing a sober friend as a designated driver, and don't get behind the wheel if you've been drinking. If a buddy has been drinking or using other substances, do not let them drive. Take their keys and help arrange a ride home via taxi, ride-sharing service or a sober friend. Make sure all guests to your parties leave with a sober driver if they've been drinking, and ask guests ahead of time not to bring marijuana edibles or other drugs. Finally, always wear your seat belt as a defense against impaired drivers.

If you see an impaired driver on the road, contact local law enforcement. Your actions could help save a life. For help with alcohol or other substances, contact your local DAPA.



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“This is a Human Business”

On his last official trip as Chief of Naval Operations, now retired Adm. John Richardson visited Embry-Riddle Aeronautical University to deliver opening remarks at the Navy Primary Prevention and Human Factors Advanced Professional Development Training Summit in Daytona Beach, FL in August.

The five-day training summit equips command climate specialists, sexual assault prevention and response officers, inclusion and diversity officers, alcohol and drug control officers and other key Navy personnel with the skillset to identify vulnerabilities within a system.

“Our mission is evolving to meet the needs of our Navy, and it’s up to us to bring the most value to our customers – Sailors, civilians and families,” said Behavior Development and Performance Branch Head Capt. T.J. Dixon. “We will emphasize a higher standard of excellence as a developmental organization focused on prevention, as we continue to mature our critical response capabilities.”

Participants are being trained on foundational primary prevention and human factors process information that will be delivered with supporting tools and resources for sustainment at the unit level.

“The Navy has developed this foundational training through a collaboration with the Office of the Secretary of Defense (OSD), other federal organizations, academia and industry to ensure that our Navy team is building prevention capacity to implement comprehensive, research informed strategies that drive healthy Sailor choices, increase signature behaviors and promote positive cultural norms overall,” said Dr. Monique Clinton-Sherrod, the Navy’s expert for primary prevention.

The summit supports Navy’s desire to achieve warfighting excellence by empowering and tapping into the energy and capability of its actively inclusive teams to maximize their collective potential.

“This is a human business,” said Adm. John Richardson. “Don’t pass up an opportunity to come together as a team. Don’t pass up leadership opportunities, and don’t outsource them to a PowerPoint. If you have an opportunity to come together as a team, to increase belonging, do it.”

Adm. Mike Gilday relieved Adm. John Richardson as the Chief of Naval Operations in a ceremony, Aug. 22, at the Washington Navy Yard.

Current and Upcoming Events

December DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

4 – SSN Reduction & Program Updates
18 – E-Cigarettes and Vaping Products and IFTDTL Update

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Impaired Driving Prevention Month December

Find the toolkit go.usa.gov/xPPS5.

Pearl Harbor Remembrance Day December 7

Army National Guard’s Birthday December 13

Children Affected by Opioid Crisis

A new report by the health policy nonprofit **United Hospital Fund** (UHF) estimates that by 2017, at least 2.2 million children had been affected by the United States’ opioid crisis.

That number is likely to increase. Many of these children are living with a parent who is addicted to opioids, while others have been removed from their home. Data from the Adoption and Foster Care Analysis and Reporting System found that 36.3% of removals in 2017 were attributable to parental drug use, up from 14.5% in 2000. The UHF report found 170,000 children had opioid use disorder themselves or had accidentally ingested opioids.

The report estimates 4.3 million children could be affected by the opioid crisis by 2030, at a cost of \$400 billion.

“This report shines a light on a population affected by opioids that is often hidden from view,” study co-author Suzanne Brundage says. “But these estimates should not cause despair. Instead, they highlight the urgent need to take action now to help these children and their families.”

